SAMSUNG

USER MANUAL

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www.samsung.com

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Getting Started

Read me first

Please read this manual before using this device to ensure safe and proper use.

- Descriptions are based on the device's default settings.
- Some content may differ from your device depending on the region, model specifications, or device's software.
- Samsung is not liable for performance issues or incompatibilities caused by edited registry settings or modified operating system software. Attempting to customize the operating system may cause the Galaxy Fit or apps to work improperly.
- Software, sound sources, wallpapers, images, and other media provided with this Galaxy Fit are licensed for limited use. Extracting and using these materials for commercial or other purposes is an infringement of copyright laws. Users are entirely responsible for illegal use of media.
- Default apps that come with the Galaxy Fit are subject to updates and may no longer be supported without prior notice. If you have questions about an app provided with the Galaxy Fit, contact a Samsung Service Centre.
- Modifying the Galaxy Fit's operating system or installing software from unofficial sources may result in Galaxy Fit malfunctions and data corruption or loss. These actions are violations of your Samsung licence agreement and will void your warranty.
- Some functions may not work as described in this manual depending on the maker and model of the mobile device you connect to the Galaxy Fit.
- This product includes certain free/open source software. To see the instructions for viewing the open source licence, go to the Samsung website (opensource.samsung.com).

- Some functions may not be available depending on the region or service provider.
- Depending on the region or service provider, a screen protector is attached for protection during production and distribution. Damage to the attached screen protector is not covered by the warranty.
- Due to the nature of the product, displaying fixed graphics for extended periods may result in afterimages (screen burn-in) or ghosting.
  - It is recommended not to use fixed graphics on part or all of the touchscreen for extended periods and turn off the touchscreen when not using the device.
  - You can set the touchscreen to turn off automatically when you are not using it. Launch the **Galaxy Wearable** app on your mobile device that is connected to your Galaxy Fit, tap **Home** → **Display** → **Screen timeout**, and then select the length of time you want the device to wait before turning off the touchscreen.
  - Depending on the region or model, some devices are required to receive approval from the Federal Communications Commission (FCC) or Industry, Science and Economic Development Canada (ISED). If your device is approved by the FCC or ISED, you can view the ID on the connected mobile device. To view the ID, launch the Galaxy Wearable app on your mobile device that is connected to your Galaxy Fit, tap **Home** → **About band** → **Device information**, and then check the FCC or IC ID under FCC and ISED certification.

Maintaining water and dust resistance

Your device supports water- and dust-resistance. Follow these tips carefully to maintain the water- and dust-resistance of your device. Failure to do so may result in damage to your device.

- Do not expose the device to **water moving with force**.
- Do not use your device when you dive into the water, snorkel or try any water sports in fast-flowing water.
- If the device or your hands are wet, dry them thoroughly before handling the device.
- If the device is exposed to fresh water, dry it thoroughly with a clean, soft cloth. If the device is exposed to other liquids, such as salt water, swimming pool water, soapy water, oil, perfume, sunscreen, hand cleaner, or chemical products such as cosmetics, rinse it with fresh water and dry it thoroughly with a clean, soft cloth. If you do not follow these instructions, the device's performance and appearance may be affected.

- **If the device is dropped or receives an impact**, the water- and dust-resistant features of the device may be damaged.
- Do not disassemble your device. The water- and dust-resistant features of the device can be damaged.
- Do not expose your device to a dramatic change in air temperature or water temperature.
- Do not dry your device with a heating machine like a hair drier.
- The water-resistant feature of the device can be damaged in the sauna.
- Some features such as the touchscreen may not work properly **if the device is used in water**.
- **Your device has been tested in a controlled environment and certified to be water- and dust-resistant in specific situations and conditions. (Meets the requirements of the water-resistance in a 50 m deep water as described by the international standard ISO 22810:2010 and your device can be used in shallow water. Meets the requirements of the dust-resistance as described by classification IEC 60529 IP6X.)**

Precautions for overheating

If you feel discomfort due to overheating while using the device, stop using it immediately and remove it from your wrist.

To avoid problems, such as device malfunction, skin discomfort or damage, and battery draining, a warning will appear on the device if it reaches a specific temperature. When the initial warning appears, all device functions will be disabled until the device cools down to a specific temperature.

If the device temperature continues to increase, a second warning will appear. At this time, the device will shut down. Do not use the device until it cools down to a specific temperature.

Instructional icons

Warning: situations that could cause injury to yourself or others

Caution: situations that could cause damage to your device or other equipment

Notice: notes, usage tips, or additional information

Cleaning and managing the Galaxy Fit

Follow the points below to ensure your Galaxy Fit functions correctly and maintains its appearance. Failure to do so may damage the Galaxy Fit and cause the skin irritation.

- Prevent the device from being exposed to dust, sweat, ink, oil, and chemical products such as cosmetics, antibacterial sprays, hand cleaners, detergents, and insecticides. The Galaxy Fit's exterior and interior parts may be damaged or it could result in poor performance. If your Galaxy Fit is exposed to any of the previously mentioned substances, use a lint-free, soft cloth to clean it.
- Do not use soap, cleaning agents, abrasive materials and compressed air when cleaning your Galaxy Fit and do not clean it with ultrasonic waves or external heat sources. Doing so may damage the Galaxy Fit. Skin irritation may be caused by soap, detergents, hand sanitizers, or cleaning agents left on the Galaxy Fit.
- Clean your wrist and band after exercising or sweating. Clean the Galaxy Fit with fresh water, wipe it with a little rubbing alcohol and dry it thoroughly.
- When you remove sun block, lotion, or oil, use a soap-free detergent, then rinse and dry your Galaxy Fit thoroughly.
- If the Galaxy Fit's band gets stained or contains any materials, wipe it with a moistened soft bristle toothbrush.

Use caution if you are allergic to any materials on the Galaxy Fit

- Samsung has tested the noxious materials found on the Galaxy Fit through internal and external certificate authorities, including testing all materials that contact skin, skin toxicity test, and the Galaxy Fit-wearing test.
- The Galaxy Fit includes nickel. Take the necessary precautions if your skin is hypersensitive or you have an allergy to any materials found on the Galaxy Fit.
  - **Nickel**: The Galaxy Fit contains a small amount of nickel, which is below its reference point limited by the Europe REACH regulation. You will not be exposed to the nickel inside the Galaxy Fit and the Galaxy Fit has passed the international certification test. However, if you are sensitive to nickel, be careful when using the Galaxy Fit.
- Only materials that observe the standards of the U.S Consumer Product Safety Commission (CPSC), the regulations of European countries, and other international standards are used to make a Galaxy Fit.
- For more information about how Samsung manages chemicals, refer to the Samsung website (https://www.samsung.com/ca/aboutsamsung/sustainability/environment/).

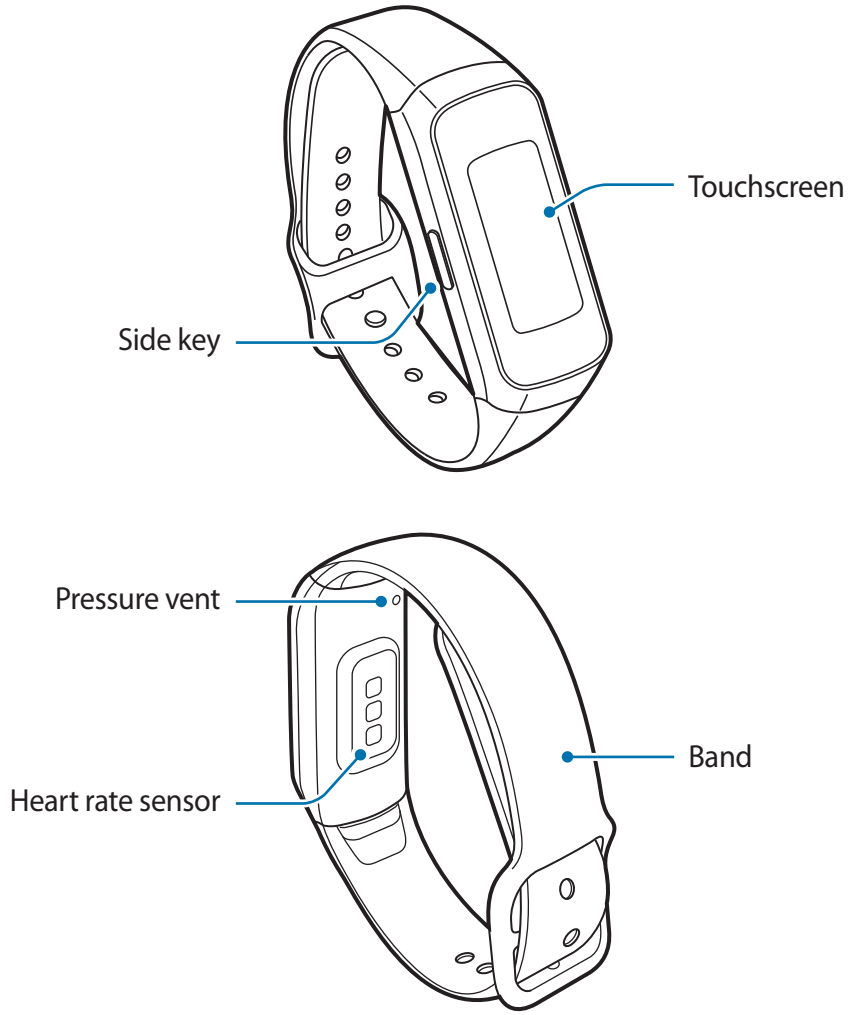
Device layout

Package contents

Refer to the quick start guide for package contents.

- The items supplied with the Galaxy Fit and any available accessories may vary depending on the region or service provider.
- The supplied items are designed only for this Galaxy Fit and may not be compatible with other devices.
- Appearances and specifications are subject to change without prior notice.
- You can purchase additional accessories from your local Samsung retailer. Make sure they are compatible with the Galaxy Fit before purchase.
- Some accessories may not have the same water- and dust-resistance certification as the Galaxy Fit.
- Use only Samsung-approved accessories. Using unapproved accessories may cause performance problems and malfunctions that are not covered by the warranty.
- Availability of all accessories is subject to change depending entirely on manufacturing companies. For more information about available accessories, refer to the Samsung website.

Galaxy Fit



The device and some accessories (sold separately) contain magnets. The American Heart Association (US) and the Medicines and Healthcare Products Regulatory Agency (UK) both warn that magnets can affect the operation of implanted pacemakers, cardioverters, defibrillators, insulin pumps or other electro medical devices (collectively, "Medical Device") within the range of 15 cm (6 inches). If you are a user of any of these Medical Devices, DO NOT USE THIS DEVICE AND SOME ACCESSORIES (SOLD SEPARATELY) UNLESS YOU HAVE CONSULTED WITH YOUR PHYSICIAN.

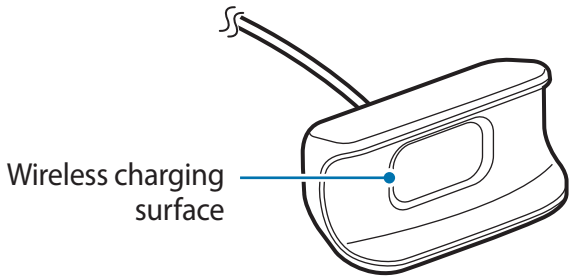
- Do not store your device and some accessories (sold separately) near magnetic fields. Magnetic stripe cards, including credit cards, phone cards, passbooks, and boarding passes, may be damaged by magnetic fields.
- Ensure that the band is kept clean. Contact with contaminants, such as dust and dye, can cause stains on the band that may not be fully removed.
- Do not insert sharp objects into the pressure vent. Inner components of the Galaxy Fit may be damaged along with the water-resistance feature.
- If you use the device with its glass or acrylic body broken, there may be a risk of injury. Use the device only after it has been repaired at a Samsung Service Centre.

The pressure vent ensures that Galaxy Fit's inner parts and sensors work correctly when you use the Galaxy Fit in environment where the atmospheric pressure changes.

Keys

Key	Function
Side	• Press and hold to start exercising quickly. Continue to press and hold to turn the Galaxy Fit on or off. • Press to turn on the screen. • Press and hold for more than 7 seconds to restart the Galaxy Fit. • Press to open the Watch screen when you are on any other screen.

Wireless charger



Do not expose the wireless charger to water. The wireless charger does not have same water- resistance certification as your Galaxy Fit.

Battery

Charging the battery

Charge the battery before using it for the first time or when it has been unused for extended periods.

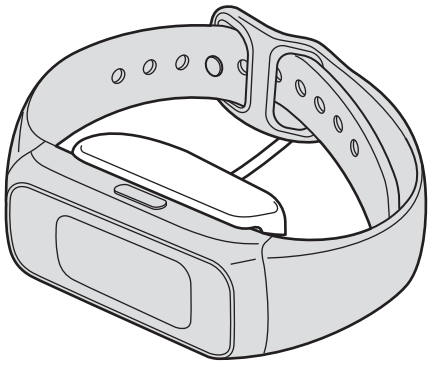
Use only Samsung-approved chargers, batteries, and cables. Unapproved chargers or cables can cause the battery to explode or damage the Galaxy Fit.

- Use the supplied wireless charger and charger. The Galaxy Fit cannot be charged properly with a third-party wireless charger and charger.
- Connecting the charger improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty.

To save energy, unplug the charger when not in use. The charger does not have a power switch, so you must unplug the charger from the electric socket when not in use to avoid wasting power. The charger should remain close to the electric socket and be easily accessible while charging.

1 Connect the wireless charger to the charger and plug the charger into an electric socket.

2 Place the Galaxy Fit into the wireless charger aligning the centre of your Galaxy Fit's back side with the centre of the wireless charger.



3 After fully charging, disconnect the Galaxy Fit from the wireless charger. First disconnect the wireless charger from the charger, and then unplug the charger from the electric socket.

Reducing the battery consumption

Your Galaxy Fit provides options that help you conserve battery power.

- Customize the notification settings in **Galaxy Wearable** app on the mobile device.
- Deactivate the vibration feature in **Galaxy Wearable** app on the mobile device.

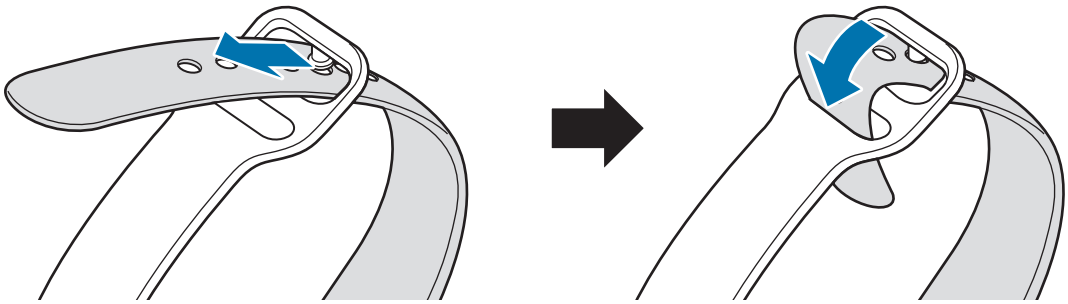
Battery charging tips and precautions

- If there are obstructions between the Galaxy Fit and the wireless charger, the Galaxy Fit may not charge properly. Prevent the Galaxy Fit and the wireless charger from coming into contact with sweat, liquids, or dust.
- If the battery is completely discharged, the Galaxy Fit cannot be turned on immediately when the charger is connected. Allow a depleted battery to charge for a few minutes before turning on the Galaxy Fit.
- Using a power source other than the charger, such as a computer, may result in a slower charging speed due to a lower electric current.
- If the Galaxy Fit is being charged with other devices via a multi charger, charging may take longer.
- While charging the Galaxy Fit's battery, only the current time and the battery level can be checked on the screen. However, some notifications that should be checked immediately, such as calls, will be received.
- If the Galaxy Fit receives an unstable power supply while charging, the touchscreen may not function. If this happens, disconnect the Galaxy Fit from the wireless charger.
- While charging, the Galaxy Fit may heat up. This is normal and should not affect the Galaxy Fit's lifespan or performance. If the battery gets hotter than usual, the charger may stop charging for your safety. If this happens, continue charging the Galaxy Fit after allowing it to cool down by removing it from the wireless charger.
- If the Galaxy Fit is not charging properly, take the Galaxy Fit to a Samsung Service Centre.
- Avoid using a bent or damaged charging cable.

Wearing the Galaxy Fit

Putting on the Galaxy Fit

Open the buckle and place the band around your wrist. Push the band into the upper part of the buckle, insert the pin into the hole, and then push the end of the band into the lower part of the buckle to secure the Galaxy Fit to your wrist. Make sure to fasten the Galaxy Fit one hole further out than you normally would so as not to feel discomfort as the band can be inadvertently tightened if the end of the band is pulled inward.



Do not bend the band excessively. Doing so may damage the Galaxy Fit.

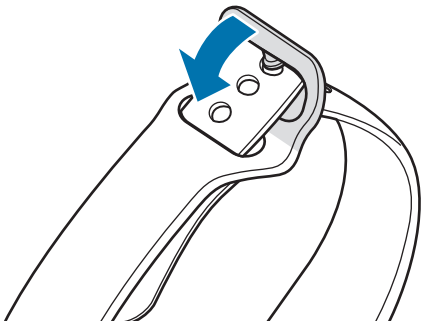
To measure your heart rate more accurately with the Galaxy Fit, wear the Galaxy Fit firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Fit correctly for more information.

Band tips and precautions

- Be cautious when wearing the Galaxy Fit. If you have sensitive skin or fasten the Galaxy Fit too tightly, you may feel some discomfort.
- Some people may experience discomfort when wearing the Galaxy Fit for prolonged periods.
- Skin irritation may occur due to an allergy, environment factors, other factors, or when your skin is exposed to soap or sweat for long periods.
- Do not wear the Galaxy Fit too tightly. Make sure to keep the device clean and dry. Though this device has met international safety standards, some people may experience skin irritation if they are allergic to certain substances.

Taking off the Galaxy Fit

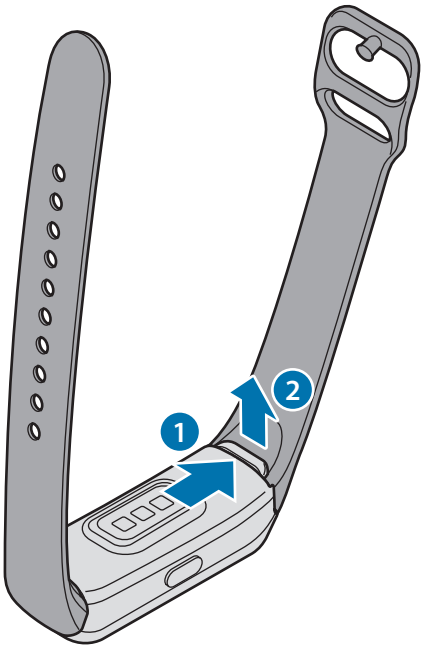
When taking off the Galaxy Fit, remove the pin from the hole and pull up on the buckle while holding both sides.



Replacing the band

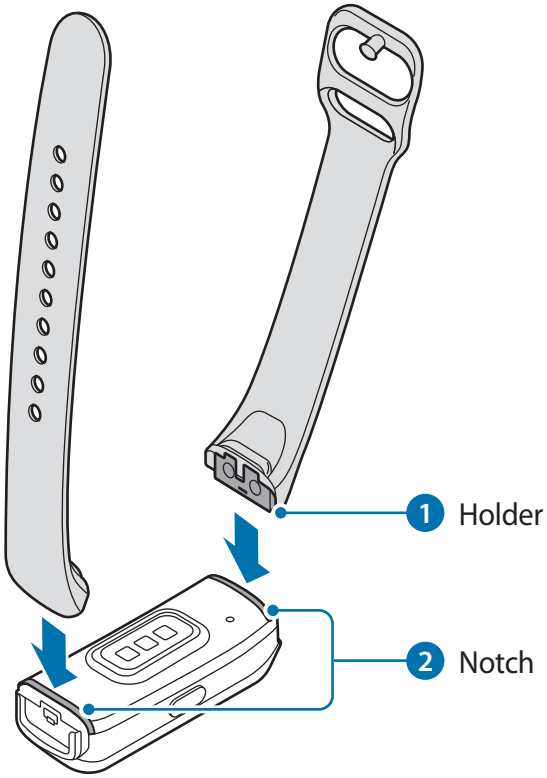
Detach the band from the Galaxy Fit to replace it with a new one.

1 Pull upwards on the band while pushing downwards the band lock.



Keep the Galaxy Fit stable and remove the band. Otherwise, the Galaxy Fit may be damaged during band detachment.

2 Insert the new band's holder into the Galaxy Fit's notch and push the band until it is fully inserted into the Galaxy Fit.

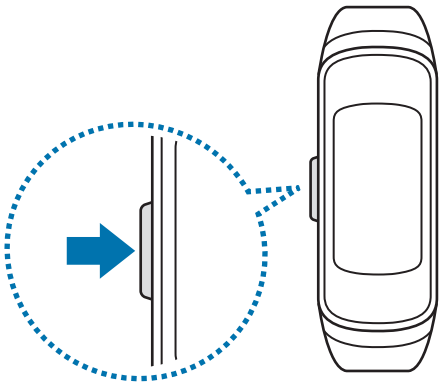


Turning the Galaxy Fit on and off

Press and hold the Side key for a few seconds to turn on the Galaxy Fit.

When you turn on the Galaxy Fit for the first time or reset it, on-screen instructions will appear to launch the Galaxy Wearable app on your mobile device. Refer to Connecting the Galaxy Fit to a mobile device for more information.

To turn off the Galaxy Fit, press and hold the Side key, and then tap ✓.



Follow all posted warnings and directions from authorized personnel in areas where the use of wireless devices is restricted, such as airplanes and hospitals.

Restarting the Galaxy Fit

If your Galaxy Fit is frozen and unresponsive, press and hold the Side key for more than 7 seconds to restart it.

Connecting the Galaxy Fit to a mobile device

Installing the Galaxy Wearable app

To connect your Galaxy Fit to a mobile device, install the Galaxy Wearable app on the mobile device.

Depending on your mobile device, you can download the Galaxy Wearable app from the following places:

- Samsung Android devices: **Galaxy Store**, **Play Store**
- Other Android devices: **Play Store**

You cannot install the Galaxy Wearable app on mobile devices that do not support Galaxy Fit syncing. Ensure that your mobile device is compatible with a Galaxy Fit.

Connecting the Galaxy Fit to a mobile device via Bluetooth

Galaxy Fit

1 Press and hold the Side key to turn on the Galaxy Fit.

A screen will appear about launching the Galaxy Wearable app.

Mobile device

2 Make sure the Bluetooth feature is activated.

3 Launch the **Galaxy Wearable** app.

If necessary, update the Galaxy Wearable app to the latest version.

4 Tap **Start the journey**.

5 Select your device on the screen.

If you cannot find your device, tap **Mine's not here**.

6 Follow the on-screen instructions to complete the connection.

When completing the connection, the Watch screen will appear on the Galaxy Fit's screen.

- Connection methods and screen may vary depending on your mobile device and software version.
- Supported mobile devices and features may vary depending on your region, service provider, and device manufacturer. Visit www.samsung.com to see compatible devices.
- To use all features of the Galaxy Fit, update the Samsung Health app to the latest version.

Connecting the Galaxy Fit to a new mobile device

Connect your Galaxy Fit to other mobile devices. You can connect with other mobile devices that are not connected to your Galaxy Fit. When you connect the Galaxy Fit to a new mobile device, the Galaxy Fit will be reset.

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap ☰ → **Disconnect**.

3 On your new mobile device, launch the **Galaxy Wearable** app to connect to your Galaxy Fit.

If the mobile device you want to connect to is already connected to another Galaxy Fit your Galaxy Fit cannot establish a connection. Disconnect your mobile device from the previous Galaxy Fit to connect to your current Galaxy Fit.

Controlling the screen

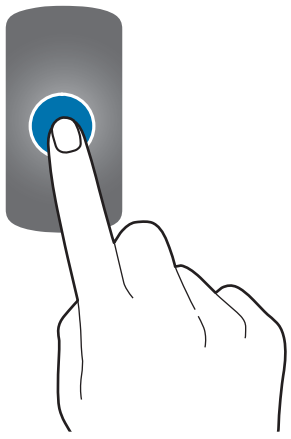
Touchscreen

- Do not allow the touchscreen to come into contact with other electronic devices. Electrostatic discharges can cause the screen to malfunction.
- To avoid damaging the touchscreen, do not tap it with anything sharp or apply excessive pressure to it with your fingertips.
- It is recommended not to use fixed graphics on part or all of the touchscreen for extended periods. Doing so may result in afterimages (screen burn-in) or ghosting.

- The Galaxy Fit may not recognize touch inputs close to the edges of the screen, which are outside of the touch input area.
- It is recommended to use fingers when you use the touchscreen.
- The touchscreen may not be available when water lock mode is activated.

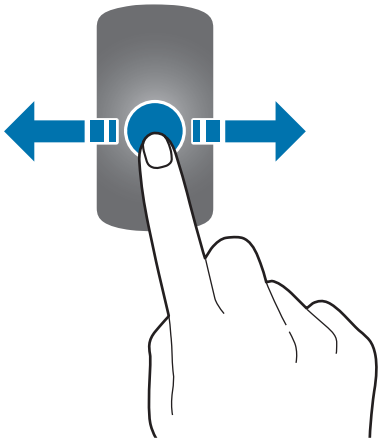
Tapping

To launch the feature, select a menu item, or press an on-screen button, tap it with your finger.



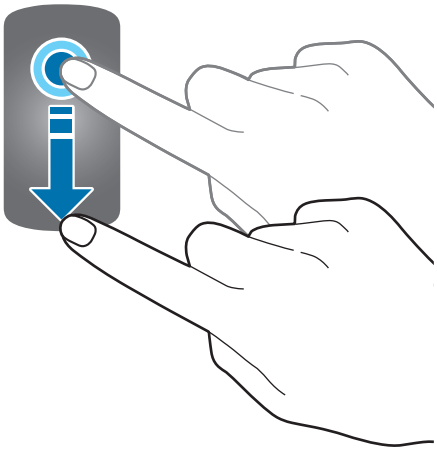
Swiping

Swipe to the left or right to view other screens.



Dragging

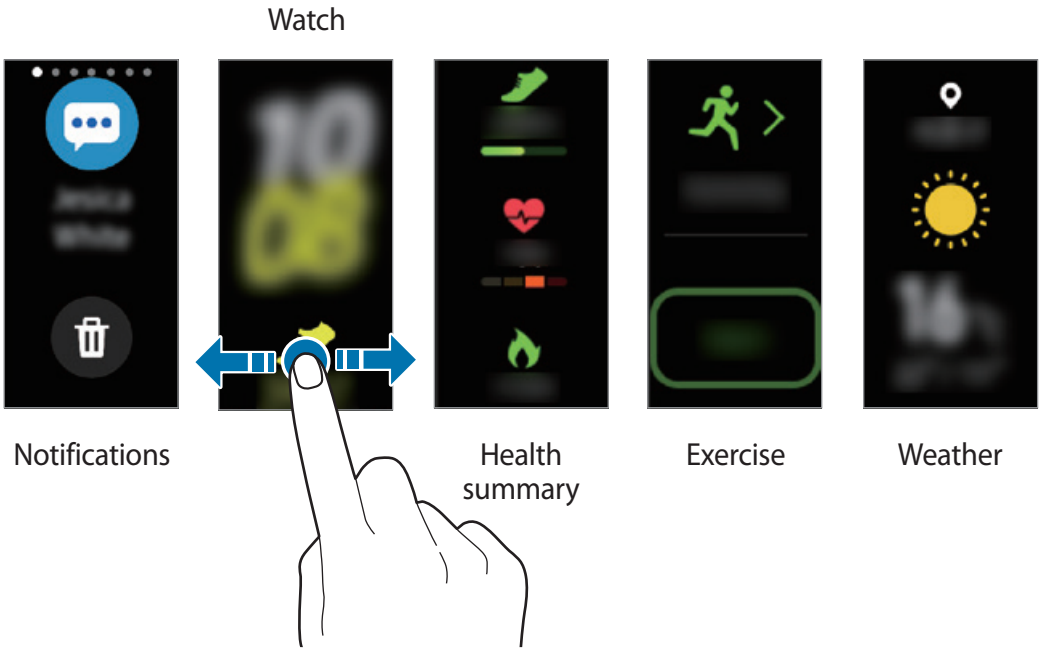
To move an item, tap it and drag it to the target position.



Screen composition

The Watch screen is the starting point for accessing all of the Galaxy Fit's many screens.

You can view other screens by swiping to the left or right on the screen.



Available screens, widgets, and their arrangements may vary depending on the software version.

Turning the screen on and off

To turn on the screen, press the Side key.

To turn off the screen, cover it with your palm. Also, the screen will automatically turn off if the Galaxy Fit is not used for a specified period.

You can also turn on the screen using the wake-up gesture feature. On the mobile device, launch the **Galaxy Wearable** app, tap **Home** → **Advanced** → **Wake-up gesture**, and then tap the switch to activate it.

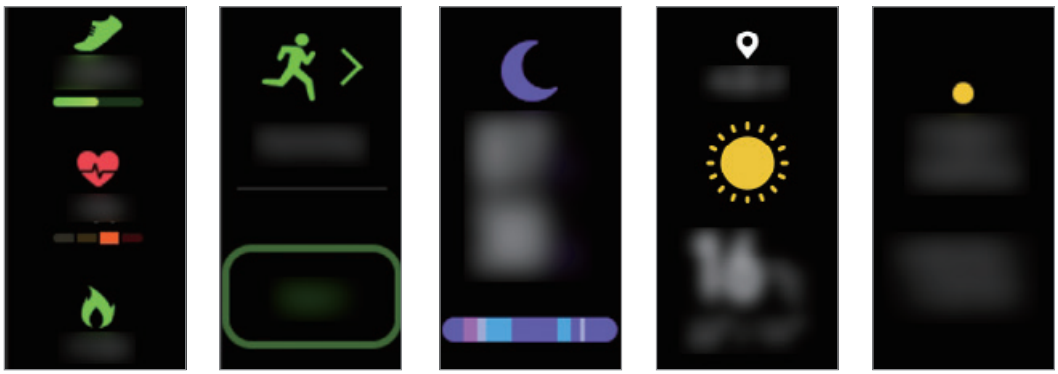
Watch screen

You can check the current time. You can also check your health information, such as your step count or heart rate.

To change the watch face, launch the **Galaxy Wearable** app on your mobile device, tap **Watch faces**, and then select a watch face you want.

Widget screen

You can instantly check your health and activity information and view app information, such as weather and schedules, for some connected mobile devices.

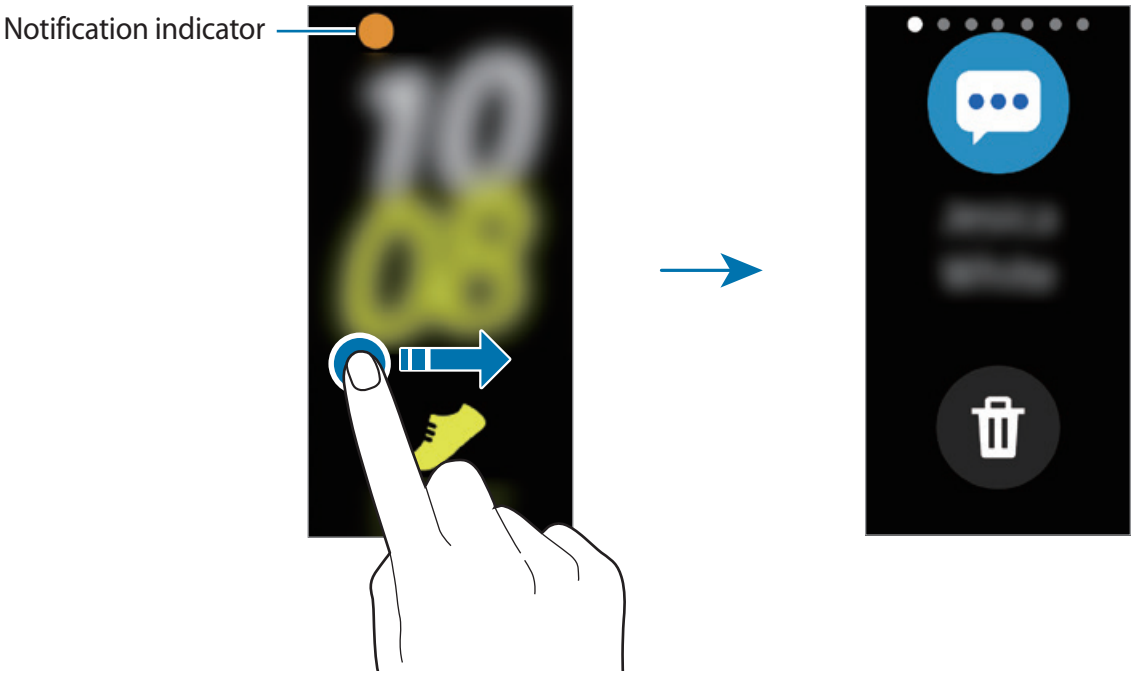


Health summary | Exercise | Sleep | Weather | Calendar

Notification panel

When an alarm sounds, or when there is a call, message, or notification from your mobile device, the Galaxy Fit will vibrate.

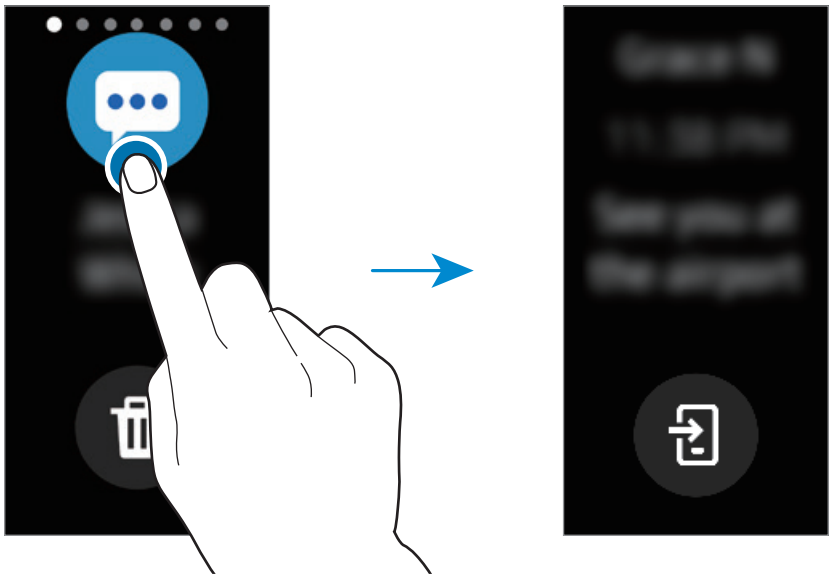
On the Watch screen, swipe to the right to open the notification panel to check a notification, such as a new message or a missed call. When there are unchecked notifications, an orange dot will be visible on the Watch screen.



Checking notifications

When you receive a notification, information about the notification, such as its type or the time you received it, will appear on the screen.

Tap the notification to view details.



Blocking notifications

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap **Home** → **Notifications**.

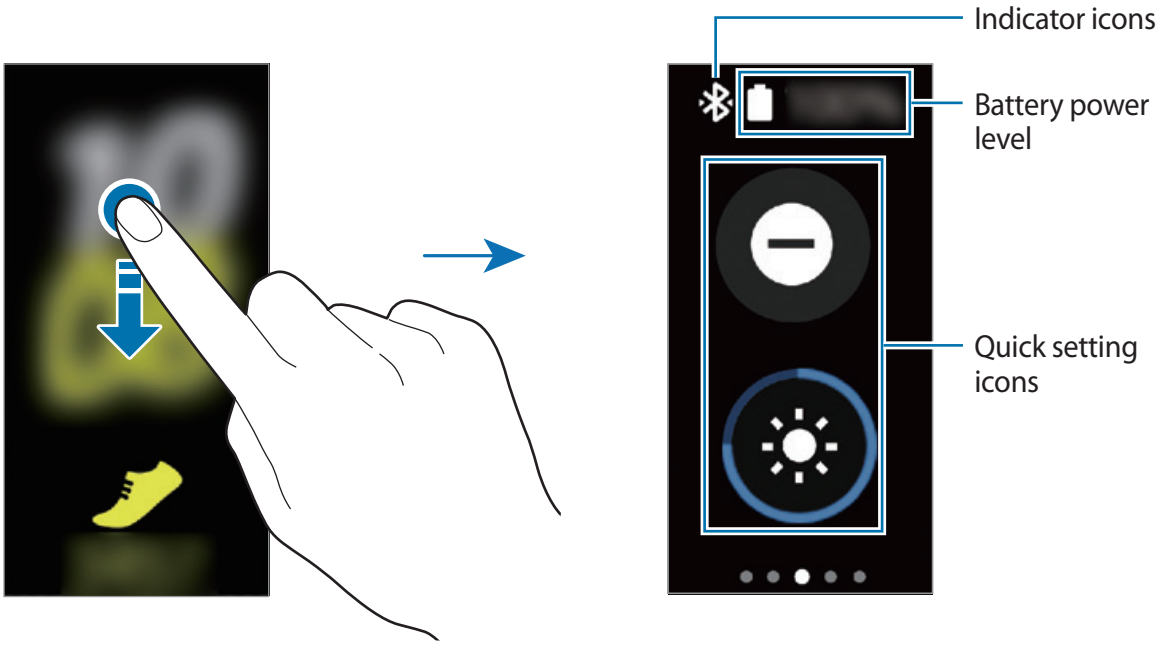
3 Tap the switch to deactivate it.

To block notifications by app, tap **Manage notifications** and tap the switch next to an app.

Quick panel

This panel allows you to view the Galaxy Fit's current status and configure settings.

Swipe downwards from the top edge of the screen.



Checking the indicator icons

Indicator icons appear at the top of the quick panel and let you know the Galaxy Fit's current status. The icons listed in the table below are most common.

The indicator icons shown may vary depending on the region.

Icon	Meaning
	Bluetooth connected
	Bluetooth disconnected
	Battery power level

Checking quick setting icons

Quick setting icons appear on the quick panel. Tap the icon to change the basic settings or launch the function conveniently.

Icon	Meaning
	Activate do not disturb mode
	Adjust the brightness
	Activate water lock mode
	Launch the find my phone feature
	Activate vibrate or silent mode
	Activate good night mode

Editing the quick settings icon

You can edit the icons on the quick panel.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Advanced** → **Edit quick settings**.

Adding or removing quick setting icons

Tap next to the quick setting icon to remove it or tap next to the quick setting icon to add it and tap **SAVE**.

The quick setting icon will be added or removed from the quick panel of the Galaxy Fit.

Reordering quick setting icons

Tap next to a quick setting icon, drag it to another position, and then tap **SAVE**.

The quick setting icon's order will be changed on the quick panel of the Galaxy Fit.

Activating do not disturb mode

Set the Galaxy Fit to mute all notifications except for alarms and not turn on the screen when notifications are received.

On the quick panel, tap .

The icon will appear at the top of the Watch screen.

Adjusting the brightness

You can adjust the Galaxy Fit's brightness as desired.

On the quick panel, tap and adjust the brightness by tapping or .

Activating water lock mode

Activate water lock mode when you exercise in water.

On the quick panel, tap .

The touchscreen and the wake-up gesture feature will be deactivated automatically.

Press and hold the Side key until the circle disappears to turn off water lock mode.

Launching the find my phone feature

Launch the find my phone feature and find your mobile device when you misplace it.

On the quick panel, tap .

The mobile device will emit sound and turn on the screen. Refer to Find My Phone for more information.

Activating vibrate or silent mode

Activate vibrate or silent mode.

On the quick panel, tap or .

Activating good night mode

Activate good night mode for sleeping. All notifications except for alarms are muted and the screen will not turn on when notifications are received while sleeping. Also, the wake-up gesture feature will be deactivated automatically.

On the quick panel, tap .

The icon will appear at the top of the Watch screen.

Widgets and features

Messages

View and reply to messages using the Galaxy Fit.

Viewing and sending messages

You may incur additional charges for receiving messages while you are roaming.

1 Swipe the screen to the right on the Watch screen to open the notification panel and view a new message.

2 Swipe upwards or downwards on the screen and select a quick reply message.

The message will be sent.

Deleting messages

Swipe to the right on the Watch screen to open the notification panel, swipe upwards or downwards on the screen, and then tap .

Answering calls

You can check incoming calls and reject them.

Rejecting a call

You can reject incoming calls.

Tap and drag it upwards when a call comes in.

Checking a missed call

If a call is missed, a notification will appear on the notification panel. Swipe to the right on the Watch Screen to open the notification panel and view the notification.

Health management widget

Introduction

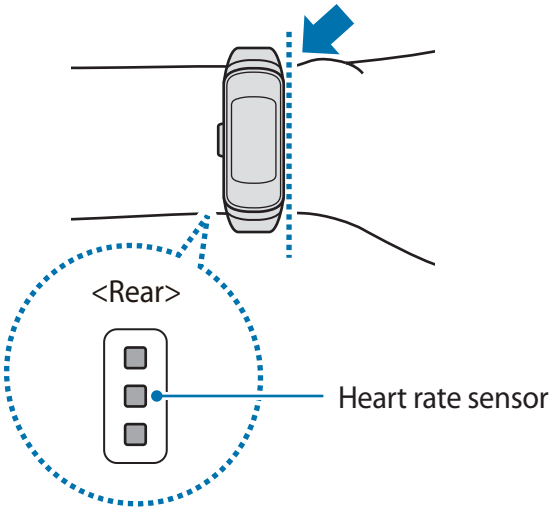
You can check and manage your health status with various widgets, such as steps or exercise. Also, the health management widgets help you cultivate healthy habits by recording your activity and how long you sleep.

You can view additional information and save and manage the data related to your health via the Samsung Health app on the mobile device that is connected to your Galaxy Fit.

- Samsung Health features are intended only for leisure, well-being, and fitness purposes. They are not intended for medical use. Before using these features, read the instructions carefully.
- Any information that is obtained from use of the Galaxy Fit or the Fit Software or any application preloaded within may not be suitable, accurate, complete or reliable.

Wearing the Galaxy Fit correctly

- Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Health settings** → **Auto heart rate settings**, and then select **Always** or **Frequent** for how often to measure your heart rate. When measuring your heart rate, wear the Galaxy Fit snugly on your arm above your wrist as shown in the figure below.
- If you fasten the Galaxy Fit too tightly, skin irritation may occur and if you fasten it too loosely, friction may occur.



- The accuracy of the heart rate sensor may be diminished depending on measurement conditions and surroundings.
- Use the HR feature only for measuring your heart rate.
- Do not look directly at the heart rate sensor's lights. Doing so may impair your vision. Make sure children do not look directly at the lights.
- Cold ambient temperatures may affect your measurement; during winter or cold weather, keep yourself warm when checking your heart rate.
- Take heart rate measurements when you are seated and relaxed. Do not move your body while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- If you receive a reading that is very different from your expected heart rate, rest and then measure again.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Because the heart rate sensor uses light to approximate heart rate, its accuracy may vary due to physical factors that affect light absorption and reflection, such as blood circulation/blood pressure, skin condition and location and concentration of blood vessels. In addition, if your heart rate is extremely high or low, measurements may be inaccurate.
- Users with thin wrists may receive inaccurate heart rate measurements when the device is loose, causing the light to be reflected unevenly. If heart rate measurement is not working properly, adjust the position of the device's heart rate sensor to the right, left, up, or down on your wrist, or turn the device so the heart rate sensor sits firmly against the inside of your wrist.
- If the heart rate sensor is dirty, wipe the sensor and try again. Obstructions between the device's band and your wrist, such as body hair, dirt, or other objects may prevent the light from reflecting evenly. Please make sure you remove such obstructions before use.
- If your device becomes hot to the touch, please remove it until it cools. Exposing skin to a hot surface of the device for a long time may cause skin burn.

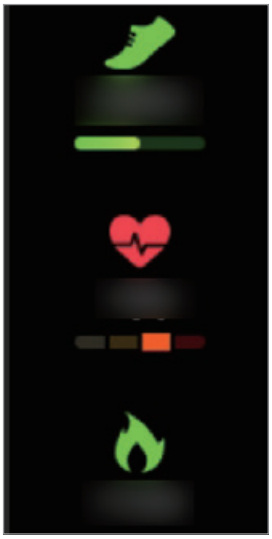
Additional information

- The purpose for such data collection is limited to providing the service that you have requested, including providing additional information to enhance your wellness, back up/sync data, data analysis and statistics or to develop and provide better services. (But if you sign in to your Samsung account from Samsung Health, your data may be saved on the server for data backup purposes.) Personal information may be stored until the completion of such purposes. To delete any data you have shared with social networks or transferred to storage devices, you must delete them separately.
- You assume full responsibility for the inappropriate use of data shared on social networks or transmitted to others. Use caution when sharing your personal data with others.
- If the Galaxy Fit is connected to a mobile device, verify the communication protocol to confirm proper operation. If you use a wireless connection, such as Bluetooth, the Galaxy Fit may be affected by electronic interference from other devices. Avoid using the Galaxy Fit near other devices that transmit radio waves.
- The content used in the Samsung Health app may vary depending on the software version of the app. The services provided with the app are subject to change or the cancellation of support without prior notice.
- Available Samsung Health functions and services may vary depending on the local laws and regulations in your region.
- Some functions of Samsung Health may not be provided depending on your region.
- Samsung Health functions are intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.

Health summary

View your activity and health information, such as your daily step count, calories burned, and real-time heart rate.

Swipe to the left on the Watch screen to switch to the health summary widget screen.



Swipe upwards or downwards on the screen to view your health information.

Exercise

Introduction

Record your exercise information and check the results, such as burned calories, with the exercise feature.

- Before using this feature, pregnant women, the elderly, young children, and users suffering from conditions such as chronic heart disease or high blood pressure, are recommended to seek the advice of a licensed medical professional.
- If you feel dizzy, experience pain, or have difficulty breathing during exercise, stop using this feature and seek the advice of a licensed medical professional.
- If you have just purchased or have reset the Galaxy Fit, create your profile.

Be aware of following conditions before exercising in cold weather conditions:

- Avoid using the device in cold weather. If possible, use the device indoors.
- If you use the device outside in cold weather, cover the Galaxy Fit with your sleeves before using it.

Starting the exercises

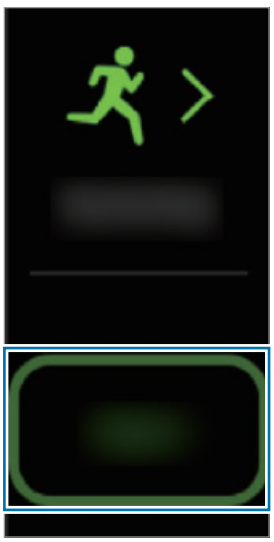
1 Swipe to the left on the Watch screen to switch to the exercise widget screen.

2 Tap the exercise type and select the exercise type you want from the list and start exercising.

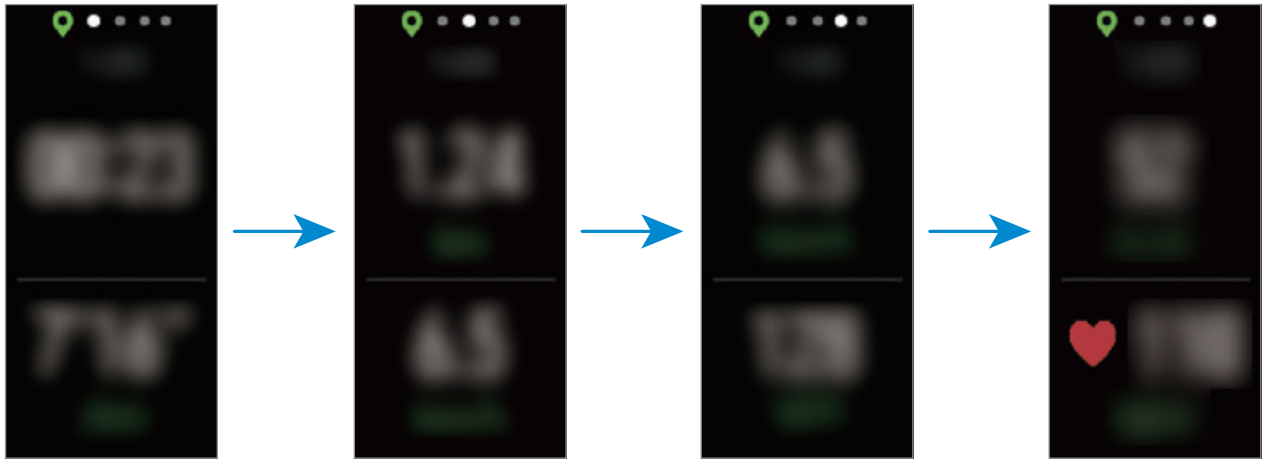
When the exercise type you want is already selected, tap **Start** and start exercising.

When there is no exercise type you want, tap to launch the **Samsung Health** app on your mobile device and add the exercise type displayed on your Galaxy Fit.

- Your heart rate is measured in seconds when you start exercising. To measure your heart rate more accurately with the Galaxy Fit, wear the Galaxy Fit firmly around your lower arm just above your wrist.
- Do not move until your heart rate displays on the screen so it can be measured more accurately.
- Your heart rate may not be visible temporarily due to various conditions such as the environment, your physical state, or how the Galaxy Fit is worn.
- When you select **Swimming**, water lock mode will be activated automatically.



3 Swipe the screen to the left or right to view exercise information, such as your heart rate, distance, or time, on the workout screen.



When you are swimming, you can check additional exercise information, such as your interval and stroke.

- When you select **Swimming**, water lock mode will be automatically activated and the touchscreen will be disabled. The screen will change automatically and you can check your exercise information.
- When you select **Swimming**, the recorded value may not be accurate in following cases:
  - If you stop swimming before reaching the completion point
  - If you change your swimming stroke midstream
  - If you stop moving your arms before reaching the completion point
  - If you kick with your legs on a kickboard or swim without moving your arms
  - If you do not pause or restart the exercise by pressing the Side key, but finish the exercise by pressing the Side key and tapping **Finish**

4 Press the Side key to pause the exercise.

To restart the exercise, tap the Side key again after pausing the exercise.

To finish exercising, tap **Finish** after pausing the exercise.

To finish swimming, press and hold the Side key to deactivate water lock mode first, press the Side key again, and then tap **Finish**.

5 Swipe upwards or downwards on the screen after finishing the exercise and view your exercise information.

Start exercising quickly

You can start exercising quickly by pressing and holding the Side key without switching to the exercise widget screen.

1 Press and hold the Side key.

2 Tap ✓.

The exercise type "Running" is started.

To change the exercise type to start quickly, launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Advanced** → **Press and hold Side key**, and then select another exercise type.

Doing multiple exercises

You can log various exercises and go straight through an entire routine by starting another exercise right after finishing the current exercise.

1 Press the Side key to pause the current exercise.

2 Tap **New**.

3 Select the exercise type and start the next exercise.

Automatic exercise recognition

Once you have engaged in an activity for more than ten minutes while wearing the Galaxy Fit, it automatically recognizes that you are exercising and records exercise information such as the exercise type, duration and calories burned.

When you stop doing some exercises for more than one minute, the Galaxy Fit automatically recognizes that you have stopped exercising and this feature is deactivated. Check your exercise information via the Samsung Health app on the mobile device that is connected to your Galaxy Fit.

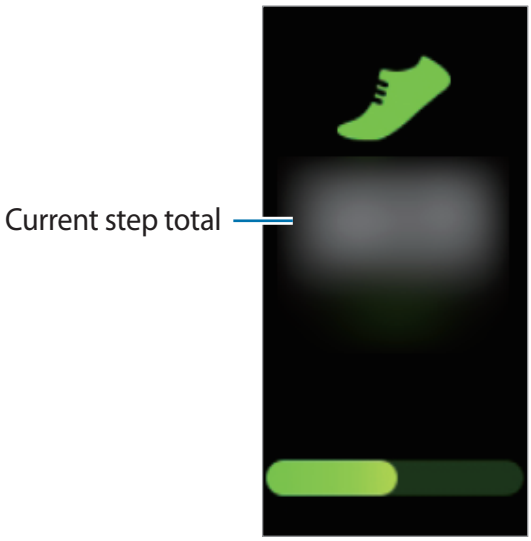
- You can check the list of exercises that are supported by the automatic exercise recognition feature. Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Health settings** → **Workout detection**.
- The automatic exercise recognition feature measures the distance travelled and calories burned using the acceleration sensor. The measurements may not be accurate depending on your manner of walking, exercise routines, and lifestyle.

Steps

Introduction

The Galaxy Fit counts the number of steps you have taken and measures the distance travelled and the calories burned while walking.

Swipe to the left on the Watch screen to switch to the steps widget screen.



Swipe upwards or downwards on the screen to view your step information.

- When you start to measure your step, the step tracker monitors your steps and displays your step account after a brief delay because your Galaxy Fit accurately recognizes your movement after you walk for a while. Also, for an accurate step count, you may experience a brief delay before the pop-up window indicates that a certain goal has been reached.
- If you use the steps tracker while travelling by car or train, vibration may affect your step count.
- You must first add the steps widget to use it. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets**, tap ⊕ next to the steps widget, and then tap **SAVE**.

Setting the step target

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Health settings** → **Step target** to set a step target.

Calories

You can check your total calories burned by day and also check your calorie burn totals by activity and rest.

Swipe to the left on the Watch screen to switch to the calories widget screen.

Swipe upwards or downwards on the screen to view your calories information.

- The calories you burn include your basal metabolism calculated based on the profile you registered. When you launch this feature for the first time, the basal metabolism you expended until the time you launched this feature will be displayed as the calories you burned.
- You must first add the calories widget to use it. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets**, tap ⊕ of the calories widget, and then tap **SAVE**.

Heart rate

Introduction

Measure and record your heart rate.

- The Galaxy Fit's heart rate tracker is intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.
- To measure your heart rate more accurately with the Galaxy Fit, wear the Galaxy Fit firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Fit correctly for more information.
- The Galaxy Fit can be used as a heart rate measurement accessory. Connect the Galaxy Fit and your mobile device, tap exercise tracker in the Samsung Health app on your mobile device to start exercising. You can see your heart rate measurements via the exercise screen, the exercise tracker results, and the heart rate tracker.
- You must first add the heart rate widget to use it. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets**, tap ⊕ next to the heart rate widget, and then tap **SAVE**.

Be aware of following conditions before measuring your heart rate:

- If the measurement is very different from the expected heart rate, rest and then measure it again.
- During winter or in cold weather, keep yourself warm when measuring your heart rate.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Heart rate measurements may vary depending on the measurement method and the environment they are taken in.
- If the heart rate sensor is not working, check the Galaxy Fit on your wrist and make sure nothing is obstructing the sensor. If the heart rate sensor continues to have the same problem, visit a Samsung Service Centre.

Tracking your heart rate

The Galaxy Fit measures and records your heart rate at regular intervals throughout the day.

Swipe to the left on the Watch screen to switch to the heart rate widget screen.

After a moment, swipe upwards or downwards on the screen to view your heart rate information.

Measuring your heart rate

You can measure your heart rate manually whenever you want.

Your heart rate will be measured regardless of the selected auto heart rate settings while working out.

1 Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Health settings** → **Auto heart rate settings**, and then select **Never**.

2 Swipe to the left on the Watch screen to switch to the heart rate widget screen.

3 Tap to start measuring your heart rate.

After a moment, your current heart rate will be displayed on the screen.

4 Swipe upwards or downwards on the screen to view your heart rate information.

Sleep

Introduction

Record how long you sleep by analyzing your movement while you are sleeping.

To measure your heart rate more accurately with the Galaxy Fit, wear the Galaxy Fit firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Fit correctly for more information.

Checking your sleep record

The Galaxy Fit measures your sleep record when you sleep while wearing the Galaxy Fit.

Swipe to the left on the Watch screen to switch to the sleep widget screen after you wake up.

Swipe upwards or downwards on the screen to view your sleep information.

- You can view your sleep patterns and information via the Samsung Health app on the mobile device that is connected to your Galaxy Fit.
- The sleep pattern will have its four states (Awake, REM, Light, Deep) analyzed by using your movement and changes in your heart rate.
- If your heart rate is irregular, your Galaxy Fit cannot recognize your heart rate properly. The sleep pattern will be analyzed into three states (Restless, Light, Motionless).

Water

Introduction

Record and track how many glasses of water you drink.

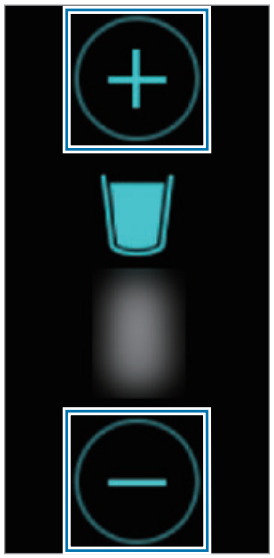
You must first add the water widget to use it. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets**, tap ⊕ next to the water widget, and then tap **SAVE**.

Recording water consumption

1 Swipe to the left on the Watch screen to switch to the water widget screen.

2 Tap ⊕ when you drink a glass of water.

If you accidentally added an incorrect value, you can fix it by tapping ⊖.



Caffeine

Introduction

Record and track how many cups of coffee you drink.

You must first add the caffeine widget to use it. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets**, tap ⊕ next to the caffeine widget, and then tap **SAVE**.

Recording your coffee consumption

1 Swipe to the left on the Watch screen to switch to the caffeine widget screen.

2 Tap ⊕ when you drink a cup of coffee.

If you accidentally added an incorrect value, you can fix it by tapping ⊖.

Weather

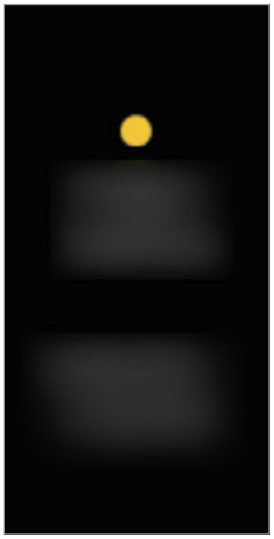
You can view weather information on the Galaxy Fit for locations set on the connected mobile device.

Swipe to the left on the Watch screen to switch to the weather widget screen.

Calendar

You can check the schedules of events that you saved on your mobile device on your Galaxy Fit.

Swipe to the left on the Watch screen to switch to the calendar widget screen.



- All events scheduled on your mobile device will be synced with the connected Galaxy Fit automatically to check them, and receive alarms from the Galaxy Fit.
- You must first add the calendar widget to use it. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets**, tap ⊕ next to the calendar widget, and then tap **SAVE**.

Stopwatch and timer

You must first add the stopwatch and timer widget to use it. Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Widgets**, tap ⊕ next to the stopwatch and timer widget, and then tap **SAVE**.

Using the stopwatch

1 Swipe to the left on the Watch screen to switch to the stopwatch and timer widget screen.

2 Tap .

3 Tap the screen to time an event.

4 Tap the screen to stop timing.

Tap **Reset** to return the stopwatch to the default setting.

Using the timer

1 Swipe to the left on the Watch screen to switch to the stopwatch and timer widget screen.

2 Tap .

3 Tap the screen, swipe upwards or downwards on the screen to set the time, and then tap the screen again.

4 Tap and drag it upwards when the timer goes off.

Find My Phone

If you misplace the mobile device, the Galaxy Fit can help you find it.

1 Swipe downwards on the screen to open the quick panel.

2 Tap .

The mobile device emits sounds and turns on the screen. Tap and hold and drag it to the left or right on your mobile device, or tap **Stop** on the Galaxy Fit.

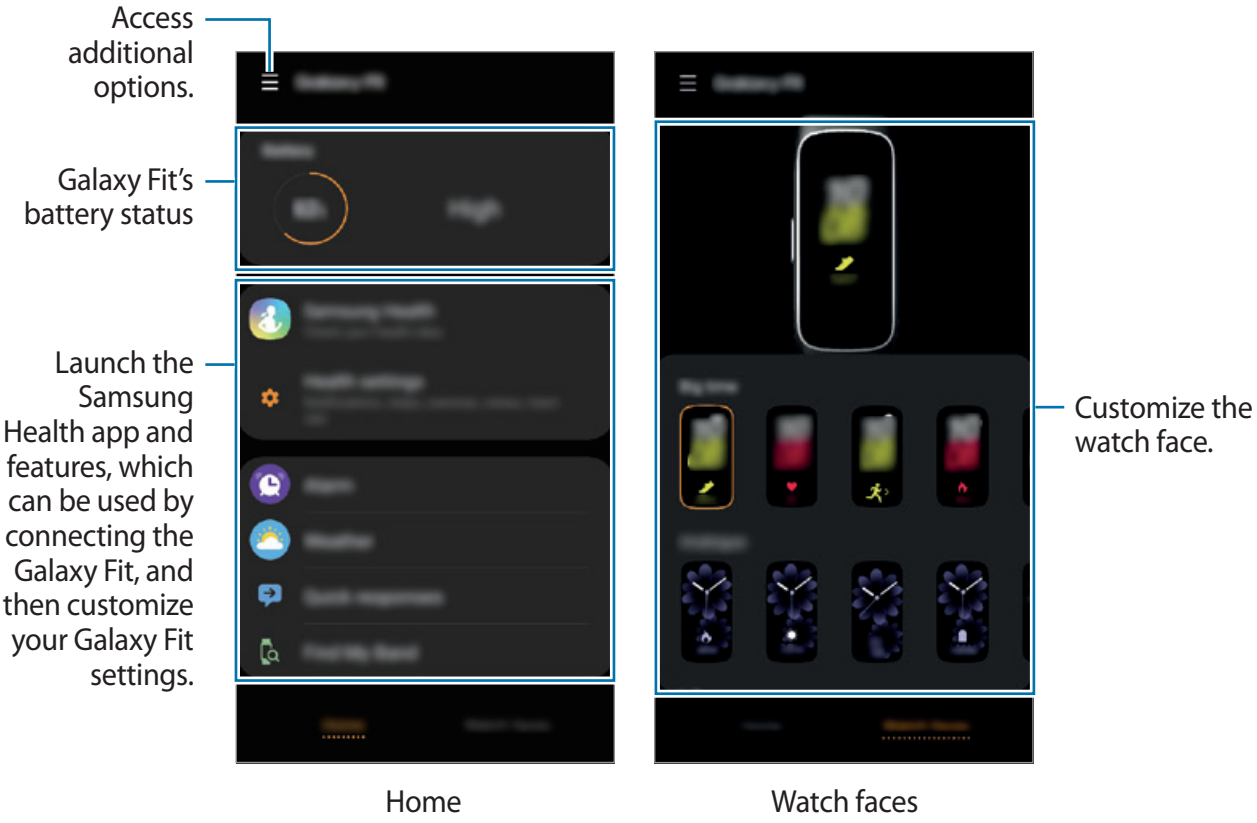
Galaxy Wearable app

Introduction

To connect your Galaxy Fit to a mobile device, you must install the Galaxy Wearable app on your mobile device. In the Galaxy Wearable app, you can view the Galaxy Fit's information and customize its various settings, such as your notification settings.

Launch the **Galaxy Wearable** app on your mobile device.

Some features may not be available depending on the type of connected mobile device.


Access additional options.
Galaxy Fit's battery status
Launch the Samsung Health app and features, which can be used by connecting the Galaxy Fit, and then customize your Galaxy Fit settings.
Customize the watch face.
Home
Watch faces

Tap ☰ to use the following options:

- **Connect new device**: Disconnect your device from the currently connected mobile device and connect a new device. Select your device on the screen or tap **Mine's not here** if you cannot find your device, and then follow the on-screen instructions to connect to the new device.
- **Disconnect**: Disconnect your Galaxy Fit from the currently connected mobile device.
- **Auto switch**: The Galaxy Fit will still automatically connect to your mobile device if you wear it on your wrist.

  This option is displayed only when more than two devices that support the auto switch feature are paired to your mobile device.

- **App notifications**: Change the various Galaxy Wearable app notification settings on the mobile device.
- **User manual**: View the user manual to learn how to use your Galaxy Fit.
- **Contact us**: **Samsung Members** offers support services to customers, such as device problem diagnosis, and lets users submit questions and error reports. You can also share information with others in the Galaxy users' community or view the latest Galaxy news and tips. **Samsung Members** can help you solve any problems you might encounter while using your device.

  This option may not be available depending on the region, service provider or model that does not support the **Samsung Members** app.

Home

Introduction

View your Galaxy Fit's status and customize your Galaxy Fit settings. You can also launch the Samsung Health app by connecting the Galaxy Fit with your mobile device.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home**.

Battery

View the remaining battery power of your Galaxy Fit.

Samsung Health

View the Galaxy Fit's data saved in the Samsung Health app.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Samsung Health**.

Health settings

View and change the health settings of the Galaxy Fit.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Health settings**.

- **Notifications**: Turn the detecting workout time, inactive time, high heart rate, and step target achievement notifications on or off.
- **Step target**: View or change the step target you saved to the Samsung Health app.
- **Manage exercise**: Add or remove the exercise type displayed on your Galaxy Fit. You can select up to ten exercise types.
- **Workout detection**: Set your Galaxy Fit to recognize your workout automatically.
- **Keep screen on during exercise**: Set the Galaxy Fit display the screen shows the exercise information while working out.

- **Breathe settings**: Change the breathing exercise settings provided by the Galaxy Fit.
- **Auto heart rate settings**: Set the Galaxy Fit's auto heart rate measuring frequency.
- **High heart rate alert**: Select the resting heart rate and turn on the notification that alerts you when your resting heart rate is higher than the selected heart rate while inactive.

  This feature is available only when the **Auto heart rate settings** feature is set to **Always**.

Alarm

Set alarms and manage them.

Setting alarms

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap **Home** → **Alarm** → **Add alarm**.

If you have a saved alarm, tap + on the top of the alarms list.

3 Set the alarm time, select the days for the alarm to repeat, and then tap **SAVE**.

The saved alarm is added to the alarm list and the Galaxy Fit vibrates at the set time.

To activate or deactivate alarms, tap the switch next to the alarm in the alarms list.

Stopping alarms

When the alarm sounds, tap and drag it upwards on your Galaxy Fit.

Deleting alarms

In the alarms list, tap and hold and alarm, and then tap **Delete**. Alternatively, tap at the top of the screen, select the alarm you want to delete, and then tap **Delete**.

Weather

Change settings related to the weather information displayed on the weather widget screen of the Galaxy Fit.

Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Weather** → **Settings** to change settings, such as the temperature unit, the weather update interval, or using the current location.

Quick responses

Edit or add templates used to reply to messages.

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap **Home** → **Quick responses**.

3 Select a template to edit.

To add a template, tap .

4 Enter the template and tap **SAVE**.

Find My Band

If you misplace your Galaxy Fit, use the Galaxy Wearable app on your mobile device to find it.

1 Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Find My Band**.

2 Tap .

The Galaxy Fit will vibrate and the screen will turn on. To stop vibrating, tap and drag it upwards on your Galaxy Fit, or tap on the mobile device.

Notifications

Change settings for the notification feature. Stay up to date with a variety of events, such as new messages received on the mobile device.

Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Notifications**, tap the switch to activate it, and then activate items.

- **Manage notifications**: Select apps on the mobile device to send notifications to the Galaxy Fit.
- **Show only while wearing band**: Set the Galaxy Fit to show notifications only while you are wearing it.
- **Mute connected phone**: Alert the mobile device on mute when the connected Galaxy Fit receives a notification.
- **Show while using phone**: Set the Galaxy Fit to show notifications while using your mobile device.
- **Auto show details**: Set the Galaxy Fit to show details for notifications when they are received.
- **Notification indicator**: Set the Galaxy Fit to display an orange notification indicator on the Watch screen to alert you to notifications that you have not checked.
- **Turn on screen**: Set the Galaxy Fit to turn on the screen when the notification is received.

Widgets

Customize the widgets on the Galaxy Fit. You can also rearrange widgets.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Widgets**.

Adding or removing widgets

Tap ⊖ next to the widget to remove it or tap ⊕ next to the widget to add it and tap **SAVE**.

The widget will be added or removed from the Galaxy Fit.

Reordering widgets

Tap ⇕ next to a widget, drag it to another position, and then tap **SAVE**.

The widget's order will be changed on the Galaxy Fit.

Vibration

Change the Galaxy Fit's vibration settings. Even when vibration is turned off, some notifications can cause vibrations.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Vibration**.

- **Vibration**: Turn vibrations on or off.
- **Long vibration**: Set the Galaxy Fit to vibrate longer for incoming calls and notifications.

Display

Change the Galaxy Fit's display settings.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Display**.

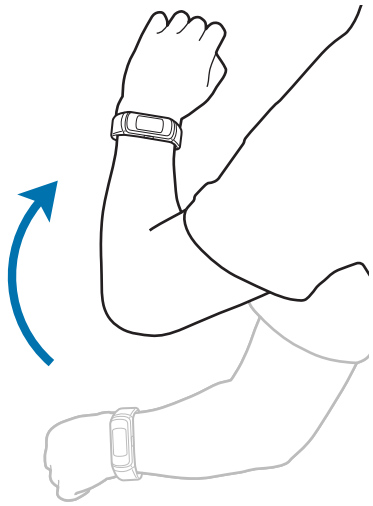
- **Brightness**: Adjust the brightness for the display.
- **Screen timeout**: Set the length of time the Galaxy Fit waits before turning off the display's backlight.

Advanced

Activate the Galaxy Fit's advanced features and change the control settings.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Advanced**.

- **Press and hold Side key**: Set a quick exercise by pressing and holding the Side key.
- **Wake-up gesture**: Set the Galaxy Fit to turn on the screen when you raise your wrist that is wearing the Galaxy Fit.



- **Water lock mode**: Activate water lock mode before entering the water. The touchscreen and the wake-up gesture feature will be deactivated automatically.
- **Do not disturb**: Set the Galaxy Fit to mute all notifications except for alarms and the screen will not turn on when notifications are received.
- **Sync Do not disturb with phone**: Set the Galaxy Fit to activate do not disturb mode automatically when it is activated on the connected mobile device.
- **Good night mode**: Activate good night mode for sleeping. All notifications except for alarms are muted and the screen will not turn on when notifications are received while sleeping. Also, the wake-up gesture feature will be deactivated automatically.
- **Edit quick settings**: Edit the Galaxy Fit's quick panel.
- **Status indicator**: Set the indicator icons to appear at the top of the quick panel.
- **Alert**: Set to receive an alert when the Bluetooth connection between the mobile device and Galaxy Fit is deactivated.

Account and backup

Back up or restore your Galaxy Fit's data using Samsung Cloud, provided by Samsung. Also, you can check the Samsung account registered on your connected mobile device and set up the customization service.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **Account and backup**.

- **Customization Service**: Set the Galaxy Fit to provide the proper feature depending on the location and situation after analyzing your lifestyle pattern.
- **Samsung account**: Add your Samsung account to use with your Galaxy Fit.
- **Back up and restore**: Keep your personal information, data, and settings safe on your Galaxy Fit. You can back up your sensitive information and access it later. You must sign in to your Samsung account to back up or restore data. Refer to Managing the data in the Galaxy Fit for more information.

Regularly back up your data to a safe location, such as Samsung Cloud or a computer, so that you can restore it if the data is corrupted or lost due to an unintended factory data reset.

Managing the data in the Galaxy Fit

Keep your personal information, data, and settings safe on your Galaxy Fit. You can back up your sensitive information and access it later, as well as back up your Galaxy Fit's data automatically.

Galaxy Fit data will be automatically saved on the connected mobile device's Samsung Health app. Only records from the past 7 days are saved on the Galaxy Fit.

Backing up data

To back up data saved in your Galaxy Fit, launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Account and backup** → **Back up and restore** → **Back up data**, select the item to back up, and then tap **BACK UP**. The data will be saved in Samsung Cloud.

Restoring data

To restore data saved in your Galaxy Fit, launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Account and backup** → **Back up and restore** → **Restore data**, select the item to restore, and then tap **RESTORE**. The latest backup data will be restored.

Backing up data automatically

To automatically back up data saved in your Galaxy Fit with Samsung Cloud and access it from other devices whenever you want, launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Account and backup** → **Back up and restore** → **Back up data**, and then tap the **Auto back up** switch to activate it.

About band

View your Galaxy Fit's status and other information. You can also update the Galaxy Fit's software.

Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **About band**.

- **Update band software**: Update the Galaxy Fit to the latest software.
- **Legal information**: View the legal information for the Galaxy Fit.
- **Report diagnostic info**: Set the Galaxy Fit to automatically send the device's diagnostic and usage information to Samsung.
- **Device name**: Change the Galaxy Fit's name.
- **Device information**: Check the Galaxy Fit's information, such as the Bluetooth address and serial number.
- **Reset band**: Delete all data on your Galaxy Fit.
- **Help**: Check how to use the Galaxy Fit and set the supported features for the Galaxy Fit.

Updating software via the Galaxy Wearable app

The Galaxy Fit can be directly updated to the latest software by the firmware over-the-air (FOTA) service.

1 Launch the **Galaxy Wearable** app on your mobile device.

2 Tap **Home** → **About band** → **Update band software** → **Download and install**.

3 Tap **DOWNLOAD** and install the latest software version on your mobile device.

4 Read the on-screen information, tap **INSTALL**, and then tap **Install now** or **Scheduled install**.

If you tap **Scheduled install**, the software will be installed automatically at a specified time.

When the software is installed, the Galaxy Fit will copy the updated software from your mobile device and restart.

To automatically check for available updates and download them, tap the **Auto download over Wi-Fi** switch to activate it. Updates will be downloaded only when the device is connected to a Wi-Fi network.

About Galaxy Wearable

View version information of the Galaxy Wearable app.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **About Galaxy Wearable**.

Watch faces

You can change the type of watch to be displayed on the Watch screen.

Launch the **Galaxy Wearable** app on your mobile device, tap **Watch faces**, and then select a desired watch type. The watch face you selected will be applied on the Watch screen.

Appendix

Troubleshooting

Before contacting a Samsung Service Centre, please attempt the following solutions. Some situations may not apply to your Galaxy Fit.

The Galaxy Fit screen does not turn on

When the battery is completely discharged, your Galaxy Fit will not turn on. Fully charge the battery before turning on the Galaxy Fit.

The touchscreen responds slowly or improperly

- If you attach a screen protector or optional accessories to the touchscreen, the touchscreen may not function properly.
- If you are wearing gloves, if your hands are not clean while touching the touchscreen, or if you tap the screen with sharp objects or your fingertips, the touchscreen may malfunction.
- The touchscreen may malfunction in humid conditions or when exposed to water.
- Restart your Galaxy Fit to clear any temporary software bugs.
- Ensure that your Galaxy Fit software is updated to the latest version.
- If the screen is scratched or damaged, visit a Samsung Service Centre.

Your device freezes or encounters an error

Try the following solutions. If the problem is still not resolved, contact a Samsung Service Centre.

Restarting the Galaxy Fit

If your Galaxy Fit freezes or hangs, you may need to stop using some features or turn off the Galaxy Fit and turn it on again.

Forcing restart

If your Galaxy Fit is frozen and unresponsive, press and hold the Side key for more than 7 seconds to restart it.

Resetting the Galaxy Fit

If the method above do not solve your problem, perform a factory data reset.

Launch the **Galaxy Wearable** app on your mobile device and tap **Home** → **About band** → **Reset band**. Before performing the factory data reset, remember to make backup copies of all important data stored in the Galaxy Fit. Back up data from Galaxy Fit through the Galaxy Wearable app or Samsung cloud.

Another Bluetooth device cannot locate your Galaxy Fit

- Reset your Galaxy Fit and try again.
- Ensure that your Galaxy Fit and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.

If the tips above do not solve the problem, contact a Samsung Service Centre.

A Bluetooth connection is not established or your Galaxy Fit and the mobile device are disconnected

- Ensure that the Bluetooth feature on both devices is activated.
- Ensure there are no obstacles, such as walls or electrical equipment, between the devices.
- Ensure that the latest version of the Galaxy Wearable app is installed on the mobile device. If necessary, update the Galaxy Wearable app to the latest version.
- Ensure that your Galaxy Fit and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.
- Restart both devices and launch the **Galaxy Wearable** app on the mobile device again.

The Galaxy Fit does not track your heart rate

- Wear the Galaxy Fit firmly around your lower arm just above the wrist.
- Launch the **Galaxy Wearable** app on your mobile device, tap **Home** → **Health settings** → **Auto heart rate settings**, and then select **Always** or **Frequent** for how often to measure your heart rate.
- Select a watch face that includes heart rate information.

Calls are not connected

- Ensure that your Galaxy Fit is connected to a mobile device via Bluetooth.
- Ensure that you have not set call barring for the incoming phone number on the mobile device.
- Check if do not disturb mode or good night mode is activated. If one of these modes has been activated, the touchscreen does not turn on during incoming calls.

The battery icon is empty

Your battery is low. Charge the battery.

The battery does not charge properly (For Samsung-approved chargers)

- Ensure that you connect the Galaxy Fit to the wireless charger and connect the wireless charger to the charger properly.
- Visit a Samsung Service Centre and have the battery replaced.

The battery depletes faster than when first purchased

- When you expose the Galaxy Fit or the battery to very cold or very hot temperatures, the useful charge may be reduced.
- When using certain features, battery consumption will increase which can shorten the usage time.
- The battery is consumable and the useful charge will get shorter over time.

Your Galaxy Fit is hot to the touch

When using features that require more power or use your Galaxy Fit for an extended period of time, your Galaxy Fit may feel hot to the touch. This is normal and should not affect your Galaxy Fit's lifespan or performance.

If the Galaxy Fit overheats or feels hot for a prolonged period, do not use it for a while. If the Galaxy Fit continues to overheat, contact a Samsung Service Centre.

Data stored in the Galaxy Fit has been lost

Always make backup copies of all important data stored in the Galaxy Fit.

Otherwise, you cannot restore data if it is corrupted or lost. Back up data from Galaxy Fit through the Galaxy Wearable app or Samsung cloud. Samsung is not responsible for the loss of data stored in the Galaxy Fit.

A small gap appears around the outside of the Galaxy Fit case

- This gap is a necessary manufacturing feature and some minor rocking or vibration of parts may occur.
- Over time, friction between parts may cause this gap to expand slightly.

Removing the battery

- **To remove the battery, contact an authorized service centre.**
- For your safety, you **must not attempt to remove** the battery. If the battery is not properly removed, it may lead to damage to the battery and device, cause personal injury, and/or result in the device being unsafe.
- Samsung does not accept liability for any damage or loss (whether in contract or tort, including negligence) which may arise from failure to precisely follow these warnings and instructions, other than death or personal injury caused by Samsung's negligence.

Health and Safety

Please read this important safety information before you use the device. It contains general safety information for devices and may include content that does not apply to your device. Follow the warning and caution information to prevent injury to yourself or others and to prevent damage to your device.

The term 'device' refers to the product and its battery, charger, the items supplied with the product, and any Samsung-approved accessories used with the product.

Warning: Failure to comply with safety warnings and regulations can cause serious injury or death.

Do not use damaged power cords or plugs, or loose electrical sockets

Unsecured connections can cause electric shock or fire.

Do not touch the device, power cords, plugs, or the electric socket with wet hands or other wet body parts

Doing so may cause electric shock.

Do not pull the power cord excessively when disconnecting it

Doing so may cause electric shock or fire.

Do not bend or damage the power cord

Doing so may cause electric shock or fire.

Do not use the device with wet hands while the device is charging

Doing so may cause electric shock.

Do not directly connect together the charger's positive and negative terminals

Doing so may cause fire or serious injury.

Do not use your device outdoors during a thunderstorm

Doing so may result in electric shock or device malfunction.

Use manufacturer-approved chargers, accessories, and supplies

- Using generic chargers may shorten the life of your device or cause the device to malfunction. They may also cause a fire or cause the battery to explode.
- Use only a Samsung-approved charger specifically designed for your device. An incompatible charger can cause serious injuries or damage to your device.
- Samsung cannot be responsible for the user's safety when using accessories or supplies that are not approved by Samsung.

Do not carry your device in your back pockets or on your waist

- The device may be damaged, explode, or result in a fire if too much pressure is applied to it.
- You may be injured if you are bumped or fall.

Do not drop or cause an impact to the charger or the device

Handle and dispose of the device and charger with care

- Never dispose of the device in a fire. Never place the device on or in heating devices, such as microwave ovens, stoves, or radiators. The device may explode when overheated. Follow all local regulations when disposing of used battery or device.
- Never crush or puncture the device.
- Avoid exposing the device to high external pressure, which can lead to an internal short circuit and overheating.

Protect the device, battery and charger from damage

- Avoid exposing your device to very cold or very hot temperatures. Extreme temperatures can damage the device and reduce the charging capacity and life of your device and battery.
- Never use a damaged charger.

Do not store your device near or in heaters, microwaves, hot cooking equipment, or high pressure containers

- The battery may leak.
- Your device may overheat and cause a fire.

Do not use or store your device in areas with high concentrations of dust or airborne materials

Dust or foreign materials can cause your device to malfunction and may result in fire or electric shock.

When using the wireless charger, do not place foreign materials, such as metal objects, magnets, and magnetic stripe cards, between the device and the wireless charger

The device may not charge properly or may overheat.

Do not bite or suck the device or the battery

- Doing so may damage the device or result in an explosion or fire.
- Children or animals can choke on small parts.
- If children use the device, make sure that they use the device properly.

Do not insert the device or supplied accessories into the eyes, ears, or mouth

Doing so may cause suffocation or serious injuries.

Do not handle a damaged or leaking Lithium Ion (Li-Ion) battery

For safe disposal of your Li-Ion battery, contact your nearest authorized service centre.

Caution: Failure to comply with safety cautions and regulations can cause injury or property damage

Do not use your device near other electronic devices

- Most electronic devices use radio frequency signals. Your device may interfere with other electronic devices.

Do not use your device in a hospital, on an aircraft, or in automotive equipment that can be interfered with by radio frequency

- Avoid using your device within a 15 cm range of a pacemaker, if possible, as your device can interfere with the pacemaker.
- To minimize possible interference with a pacemaker, use your device only on the side of your body that is opposite the pacemaker.
- If you use medical equipment, contact the equipment manufacturer before using your device to determine whether or not the equipment will be affected by radio frequencies emitted by the device.
- On an aircraft, using electronic devices can interfere with the aircraft's electronic navigational instruments. Make sure the device is turned off during takeoff and landing. After takeoff, you can use the device in flight mode if allowed by aircraft personnel.
- Electronic devices in your car may malfunction, due to radio interference from your device. Contact the manufacturer for more information.

Do not expose the device to heavy smoke or fumes

- Doing so may damage the outside of the device or cause it to malfunction.

If you use a hearing aid, contact the manufacturer for information about radio interference

The radio frequency emitted by your device may interfere with some hearing aids. Before using your device, contact the manufacturer to determine whether or not your hearing aid will be affected by radio frequencies emitted by the device.

Do not use your device near devices or apparatuses that emit radio frequencies, such as sound systems or radio towers

Radio frequencies may cause your device to malfunction.

Turn off the device in potentially explosive environments

- Always comply with regulations, instructions and signs in potentially explosive environments.
- Do not use your device at refuelling points (gas stations), near fuels or chemicals, or in blasting areas.
- Do not store or carry flammable liquids, gases, or explosive materials in the same compartment as the device, its parts, or accessories.

If you notice strange smells or sounds coming from your device or the battery, or if you see smoke or liquids leaking from the device or battery, stop using the device immediately and take it to a Samsung Service Centre

Failure to do so may result in fire or explosion.

Comply with all safety warnings and regulations regarding mobile device usage while operating a vehicle

While driving, safely operating the vehicle is your first responsibility. Never use your mobile device while driving if it is prohibited by law. For your safety and the safety of others, use your common sense.

Care for and use your mobile device properly

Store your device only on flat surfaces

- If your device falls, it may be damaged.

The device can be used in locations with an ambient temperature of 0°C to 35°C. You can store the device at an ambient temperature of -20°C to 50°C. Using or storing the device outside of the recommended temperature ranges may damage the device or reduce the battery's lifespan

- Do not store your device in very hot areas such as inside a car in the summer. Doing so may cause the screen to malfunction, result in damage to the device, or cause the battery to explode.
- Do not expose your device to direct sunlight for extended periods of time (on the dashboard of a car, for example).

Do not store your device with metal objects, such as coins, keys, and necklaces

- Your device may be scratched or may malfunction.

Do not store your device near magnetic fields

- Your device may malfunction or the battery may discharge from exposure to magnetic fields.
- Magnetic stripe cards, including credit cards, phone cards, passbooks, and boarding passes, may be damaged by magnetic fields.

Prolonged exposure of your skin to an overheated device may cause low temperature burn symptoms, such as red spots and pigmentation

Reduce the risk of repetitive motion injuries

When you repetitively perform actions, such as pressing keys, drawing characters on a touch screen with your fingers, or playing games, you may experience occasional discomfort in your hands, neck, shoulders, or other parts of your body. When using your device for extended periods, hold the device with a relaxed grip, press the keys lightly, and take frequent breaks. If you continue to have discomfort during or after such use, stop using the device and consult a physician.

Use caution when using the device while walking or moving

- Always be aware of your surroundings to avoid injury to yourself or others.
- Make sure the headset cable does not become entangled in your arms or on nearby objects.

Do not paint or put stickers on your device

- Paint and stickers can clog moving parts and prevent proper operation.
- If you are allergic to paint or metal parts of the device, you may experience itching, eczema, or swelling of the skin. When this happens, stop using the device and consult your physician.

Do not use the device if the screen is cracked or broken

- Broken glass or acrylic could cause injury to your hands and face. Take the device to a Samsung Service Centre to have it repaired.
-

Do not drop your device or cause impacts to your device

- Your device may be damaged or may malfunction.
- If bent or deformed, your device may be damaged or parts may malfunction.

Ensure maximum battery and charger life

- Batteries may malfunction if they are not used for extended periods.
- Over time, unused device will discharge and must be recharged before use.
- Disconnect the charger from power sources when not in use.
- Follow all instructions in this manual to ensure the longest lifespan of your device and battery. Damage or poor performance caused by failure to follow warnings and instructions can void your manufacturer's warranty.
- Your device may wear out over time. Some parts and repairs are covered by the warranty within the validity period, but damages or deterioration caused by using unapproved accessories are not.

Do not disassemble, modify, or repair your device

- Any changes or modifications to your device can void your manufacturer's warranty. If your device needs servicing, take your device to a Samsung Service Centre.

When cleaning your device, mind the following

- Wipe your device or charger with a towel or an eraser.
- Do not use chemicals or detergents. Doing so may discolour or corrode the outside the device or may result in electric shock or fire.

Do not use the device for anything other than its intended use

- Your device may malfunction.

Avoid disturbing others when using the device in public

Allow only qualified personnel to service your device

- Allowing unqualified personnel to service your device may result in damage to your device and will void your manufacturer's warranty.

Protect your personal data and prevent leakage or misuse of sensitive information

- While using your device, be sure to back up important data. Samsung is not responsible for the loss of any data.
- When disposing of your device, back up all data and then reset your device to prevent misuse of your personal information.
- Carefully read the permissions screen when downloading applications. Be particularly cautious with applications that have access to many functions or to a significant amount of your personal information.

- Check your accounts regularly for unapproved or suspicious use. If you find any sign of misuse of your personal information, contact your service provider to delete or change your account information.
- In the event your device is lost or stolen, change the passwords on your accounts to protect your personal information.
- Avoid using applications from unknown sources and lock your device with a pattern, password, or PIN.

Do not distribute copyright-protected material

Do not distribute copyright-protected material without the permission of the content owners. Doing this may violate copyright laws. The manufacturer is not liable for any legal issues caused by the user's illegal use of copyrighted material.

Acknowledging Special Precautions and ISED (Innovation, Science and Economic Development Canada) Notice

Cautions

Any changes or modifications to your device not expressly approved in this document could void your warranty for this equipment, and void your authority to operate this equipment. Only use approved batteries, antennas, and chargers. The use of any unauthorized accessories may be dangerous and void the phone warranty if they cause damage or a defect to the device.

Although your device is quite sturdy, it is a complex piece of equipment and can be broken. Avoid dropping, hitting, bending, or sitting on it.

Information to User

This equipment has been tested and found to comply with the limits of a Class B digital device. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation; if this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient/relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Warning: At very high volumes, prolonged listening to a headset can damage your hearing.

IC RF Radiation Exposure Statement:

This equipment complies with IC RF Radiation exposure limits set forth for an uncontrolled environment.

This device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.

Correct disposal of this product

(Waste Electrical & Electronic Equipment)

This marking on the product, accessories or literature indicates that the product and its electronic accessories (e.g., charger, headset, USB cable) should not be disposed of with other household waste.

To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling.

Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal.

This product is RoHS compliant.

Correct disposal of batteries in this product

This marking on the battery, manual or packaging indicates that the batteries in this product should not be disposed of with other household waste at the end of their working life. Where marked, the chemical symbols Hg, Cd or Pb indicate that the battery contains mercury, cadmium or lead above the reference levels in EC Directive 2006/66.

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ISED Notice

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This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.